January 2014 Results
Includes Strive, 5km Parkruns and others where MAWA athletes are known to have competed
Note that all records are pending until ratified by the appropriate authorities

ECAC – January 2

400m
Tony Smith M35 63.1
Colin Smith M50 65.7
Rob Colton M50 66.7
Sharon Davis W40 67.2
John Fisher M50 85.8
Christine Oldfield W65 1:49.2

100m
Colin Smith M50 15.2
Nick Fairweather Vis 15.3
Jim Woosley Vis 16.4
Fran Cherry W50 17.0
Bruce McGeorge (NT) M55 18.0
David Carr M80 18.4
John Fisher M50 19.4

5000m
Tony Smith M35 19:55.7
Rob Colton M50 21:00.0
Mike Meredith Vis 22:08.3
Michael Lee M60 22:09.8 PBA
Dave Lee Vis 22:10.8
Sue Bourn W45 22:43.5
John Fisher M50 24:10.9
Kem Hassan M40 27:10.5
Bruce McGeorge (NT) M55 27:46.8

1500m
Tony Smith M35 5:24.8
Rob Colton M50 5:40.5
John Fisher M50 6:26.9
David Carr M80 7:04.8
Kem Hassan M40 7:51.4
Delia Baldock W50 8:00.9 SB

1500m walk
John Smith M75 11:42.6

3000m walk
Michael Horner Vis 17:42.8
John Smith M75 24:46.6

High Jump
David Carr M55 0.80
Carmel Meyer W50 1.05
Giovanni Puglisi M60 1.15
Colin Smith M50 1.15
Gay Wyatt W55 1.10 PBA=
Rob Colton M50 1.05
Dave Wyatt M60 1.30

Long Jump
Jim Woosley Vis 3.40
Fran Cherry W50 3.37
Rob Colton M50 3.97
Giovanni Puglisi M60 3.59 SB
Nick Fairweather Vis 3.72
Gay Wyatt W55 3.52 PBA

WAAS – January 3 (special meet)

1500m
Scott Tamblin M30 3:58.09

ECAC – January 9

200m
Chris Neale Vis 26.7
Colin Smith M50 27.1
Campbell Til M55 27.3 SB
Jim Woosley Vis 34.5
Lisa Limonas W40 31.4
Kristy Devereux W30 32.8
Carmel Meyer W50 35.2
David Carr M80 38.7
Rob Colton M50 30.9
Nick Fairweather M60 33.8
Julie Willmott W45 35.5 SB
Rebecca MacKinnon W30 46.3
Bob Colligan Vis 35.3
Liam Colligan Vis 43.0
Christine Oldfield W65 49.8

800m
Giovanni Puglisi M60 2:45.5
Rob Colton M50 2:57.2
John Fisher M50 3:06.3
David Carr M50 3:15.2
Kem Hassan M40 3:17.2 PBA

800m walk
Rob Colligan Vis 3:13.3
Delia Baldock W50 3:28.2 SB
Tina Runnion W50 3:42.9
Liam Colligan Vis 3:59.5
Rebecca MacKinnon W30 4:01.1

3000m
Bob Colligan Vis 14:12.1
John Fisher M50 14:12.3
Rob Colton M50 14:26.5
Carmel Meyer W50 15:36.3
Kem Hassan M40 15:43.2
David Carr M80 16:05.8 SB
Tina Runnion W50 17:05.3

2000m walk
John Smith M75 15:15.8
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<tr>
<th>60m</th>
<th>Long Jump</th>
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<tbody>
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**400m**

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**2000m**

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**2000m walk**

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**1500m walk**

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**100m**

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**Triple Jump**

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**Javelin**

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**400m**

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**2000m**

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**2000m walk**

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**1500m walk**

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**100m**

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**High Jump**

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<td>Giovanni Puglisi M60</td>
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**Shot Put**

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<td>Event</td>
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### ECAC - 30 January

#### 200m

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Please note that the pentathlon results are not valid for state records because there were no markings on the javelin runway. I have accepted them as personal landmarks (SB, PBA) – John Oldfield

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### Results from Bunbury meetings

(MAWA members only)

**Bunbury – Weight Pentathlon, December 17**

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No other Bunbury results have been received this month. January results will appear next month, together with those from February.
PARKRUNS
FREE, timed 5km runs, 8am every Saturday (9am UK)
New Club Bests are highlighted in sky blue

CLAISEBROOK COVE:
Run 75 – January 4; 244 finishers
47 John Oldfield M70 21:44 81.13% PB
87 Hamish McLeod M35 24:09 55.69%
89 John Fisher M50 24:14 62.86%
128 Eamonn McNulty M50 26:15 59.56%
136 Simon Leonard M50 26:40 57.12% PB
145 Jon Storey M45 27:40 49.34%
177 John Talbot M65 30:36 55.83%
179 Christine Oldfield W65 30:41 71.37% PB

Run 76 – January 11; (153)
29 Rod Hamilton M50 21:27 69.31%
40 Frank Gardiner M60 23:03 72.09%
67 John Fisher M50 25:14 60.37%
77 John Oldfield M70 26:34 66.37%
122 Christine Oldfield W65 31:56 68.58%

Run 77 – January 18; (201)
19 Rod Hamilton M50 20:27 72.70%
42 Michael Lee M60 22:42 73.20%
81 Bryan Hardy M70 25:49 68.30%
89 John Fisher M50 26:57 66.37%
112 Sam Farman W45 29:17 56.57%
114 John Talbot M65 29:23 58.14%

Run 78 – January 25; (205)
17 Rod Hamilton M50 20:56 71.02%
42 Michael Lee M60 22:42 73.20%
81 Bryan Hardy M70 25:49 68.30%
89 John Fisher M50 26:14 58.03%
103 Jon Storey M40 27:20 49.94% PB
147 Christine Oldfield W65 31:23 69.76%
167 Dutch Holland M40 34:16 40.85%

AVELEY:
Run 27 – January 11; 59 finishers
7 Michael Lee M60 22:08 75.08%
Run 28 – January 18; (61)
2 Anthony Smith M40 18:33 75.29% PB

Run 29 – January 25; (71)
2 Anthony Smith M40 19:17 72.43%

PIONEER, GOSNELLS:
Run 1 – January 11; 90 finishers
1 Anthony Smith M40 19:19 72.30% PB
9 Steve Chilcott M30 22:24 57.74% PB
14 Jim Farr M45 24:10 59.59%
30 Adrian Kenny M40 27:53 48.95%
36 Jon Storey M45 28:36 47.73%
57 Bob Fawcett M60 35:46 46.46%
61 Carolyn Fawcett W60 37:12 52.91%

Run 3 – January 25; (57)
1 Kim Thomas M40 18:18 74.59%
10 Jeremy Savage M35 23:41 56.79%
25 Kelly Underwood W35 29:51 50.08%
27 Monique Thomas W35 30:58 48.44%
33 Bob Fawcett M60 34:07 48.77%
35 Carolyn Fawcett W60 35:46 55.03%

CANNING RIVER:
Run 31 – January 1; 133 finishers
5 Tony Smith M40 19:28 71.75%
8 Bjorn Dybdahl M60 20:34 77.96%
20 John Oldfield M70 22:17 79.13%
25 Jennifer Williams W65 23:19 89.64% PB
33 John Fisher M50 23:53 63.78% PB
44 John Bell M65 25:04 68.82% PB
47 Carol Bowman W55 25:16 74.67%
54 Eamonn McNulty M50 26:12 59.67%
74 Kem Hassan M40 28:04 50.12%
79 Adrian Kenny M40 28:23 48.09%
86 Jane Elton W45 28:56 55.41%
93 Merv Jones M70 30:27 61.19%
102 Christine Oldfield W65 31:13 69.71%

Run 32 – January 4; (143)
4 Paul Odam M50 19:33 77.92%
14 Ross Keane M50 20:43 72.33% PB
49 Bruce McGeorge NT M55 26:35 59.81%
50 Kem Hassan M40 26:37 52.85%
66 Merv Jones M70 29:17 63.63% PB
80 Delia Baldock W50 32:11 52.72%
120 Sheila Maslen W75 40:53 59.32%
136 Adrian Kenny M40 49:33 27.55%

Run 33 – January 11; (84)
2 Todd Ingraham M35 16:56 80.02% PB
11 Paul Odam M50 19:41 77.39%
53 Kem Hassan M40 32:30 43.28%
75 Bob Neville M80 44:00 47.77% PB

Run 34 – January 18; (115)
1 Kim Thomas M40 17:53 76.33% PBA
31 Liz Neville W60 25:37 76.84%
55 Merv Jones M70 29:43 62.70%
57 Monique Thomas W35 30:13 49.64%
65 Delia Baldock W50 31:39 53.61%
67 Stuart MacKinnon M30 31:54 40.75%
102 Sheila Maslen W75 42:08 58.58%

Run 25 – January 25; (96)
56 Stuart MacKinnon M30 32:23 40.14%
82 Sheila Maslen W75 42:12 58.49%

ROCKINGHAM:
Run 36 – January 4; (182)
20 Lisa Limonas W40 24:38 64.48% PB
47 Kristy Devereux W30 27:05 54.65% PB
99 Bob Fawcett M60 32:03 51.85% PB
115 Carolyn Fawcett W60 34:31 57.03% PB

Run 37 – January 11; (133)
33 Kristy Devereux W30 27:41 53.46%
55 Tina Runnion W50 31:14 54.32%

Run 38 – January 18; (184)
31 Kristy Devereux W30 26:00 56.99% PB
77 Tina Runnion W50 29:56 56.68% PB
108 Carolyn Fawcett W60 34:46 56.62%

Run 39 – January 25; (215)
42 Lisa Limonas W45 26:07 60.82%
179 Ray Hall M80 43:35 48.22%
### BUNBURY:
Run 11 – January 4; 60 finishers
47  Leon Sander  M75  32:54  58.61%

Run 12 – January 11;
20  Garry Hastie  M50  26:55

Run 13 – January 18; (46)
20  Garry Hastie  M50  27:27  54.58%

Run 14 – January 25; (27)
1   Steve Chilcott  M30  21:22  60.53% PB
21  Leon Sander  M75  30:52  62.47% PB

### KALGOORLIE:
Run 14 – January 1; 15 finishers
5   Mick O'Toole  M35  22:15  60.90%

Run 15 – January 4; (128)
9   Mick O'Toole  M35  22:28  60.31%

Run 17 – January 18; (142)
8   Mick O'Toole  M35  22:19  60.72%

Run 18 – January 25; (117)
4   Danny Sheehan  M60  20:06  79.77%
10  Mick O'Toole  M35  22:01  61.54%

### KAWANA (QLD):
Run 65 – January 4; 217 finishers
115 Sam Farman  W45  28:51  57.42%